

COMPETITION DAY GUIDE

For Skaters and Families

For more information visit www.okafigureskating.com/resources



What Should My Athlete Pack for Competitions?

Packing ahead of time helps competition day run smoothly and reduces stress. We recommend packing the night before and double-checking all essentials before leaving for the rink.

Skating Essentials

- Skates
- Hard guards
- Soakers
- Skate towel or rag
- Extra set of laces (in case one breaks)
- Screwdriver or skate tool (for loose screws or minor adjustments)

Competition Attire

- Competition tights (bring an extra pair if possible; no holes)
- Competition dress(es), outfit(s), or costume(s)
- Proper undergarments (if needed)

Warm-Up Gear

- Fitted warm-up jacket (not a bulky winter coat)
- Gloves
- Tennis shoes or sneakers
- Yoga mat or blanket for floor stretching
- Jump rope

Hair Supplies

- Hair gel or hairspray
- Hair clips (**avoid bobby pins when possible**)
- Ponytail holders, elastics, scrunchies, etc.
- Brush or comb
- Any event-specific accessories (flowers, ribbons, etc.)
- Curling iron or styling tools if needed

Makeup

Bring whatever the athlete and parent are comfortable using. Many skaters choose a simple competition look such as:

- Mascara
- Lipstick or lip color
- Blush

Extras & Comfort Items

- Headphones (for listening to music while warming up off-ice)
- Water bottle
- Small snacks
- Backup tights, gloves, or hair ties

Pro Tip

Keep competition items packed together in one designated bag so you're always ready for the next event.

What time should my athlete arrive at the rink for competition?

Plan to arrive **at least 90 minutes before your scheduled event**. Many competitions note that if events are running early, they will continue early and **will not wait for late athletes**. Arriving 90 minutes ahead gives your skater enough time to check in, get settled, warm up, and feel prepared without being rushed.

If your athlete plans to do hair or makeup at the rink, consider arriving even earlier.

What should we do when we arrive at the rink?

1. Check in at registration

If you have not already checked in, head to the registration desk first. The Local Organizing Committee (LOC) will provide important information such as event updates, locker room assignments, and rink procedures.

2. Store belongings in the locker room

Bring bags and personal items to the assigned locker room. Please note that some rinks have restrictions regarding who may enter locker rooms due to SafeSport regulations. If rules are not posted, ask at the front desk.

3. Find your coach

Once checked in, locate your coach and confirm whether the competition is running on time, ahead, or behind schedule. This helps determine how much preparation time your skater has before their event.

What happens leading up to the event?

Your coach will guide the athlete through pre-event preparation, pending their students' schedule, which may include:

- Dynamic warm-up
- Light stretching
- Running through the program off-ice
- Off-ice jumps or elements
- Visualization and mental preparation

Coaches often support multiple skaters and events throughout the day, so families play an important role in helping skaters stay on schedule.

Please help ensure your athlete is **ready 1–2 events before they compete**.

When does the athlete check in rinkside?

Once ready, the athlete should **check in with the rinkside event attendant 1–2 events before their event begins**. This lets volunteers know all competitors are present and ready to go.

What should my athlete wear for the on ice warm-up?

Before the event, athletes receive a short warm-up on the ice.

They should wear:

- Their **competition dress/outfit**
- Optional light fitted jacket (typically program jacket)
- Gloves if desired

Please avoid bulky winter coats.

Athletes will be with their coach during this time, so parents can relax and find a great seat to watch.

What should my skater wear for competition?

U.S. Figure Skating sets guidelines for competition attire.

In general, athletes should wear:

- Tights
- Competition dress or approved event attire

Outfits may range from simple to elaborate depending on the event. Some categories allow themed costumes or alternative styles.

Hair & Makeup

Hair and makeup should reflect the athlete's personal style while remaining neat and competition-ready.

- For most events, hair should be secured away from the face
- Showcase events may allow more flexibility

Important Notes

Before purchasing dresses, costumes, or accessories, check with your coach to ensure the outfit is appropriate for the event and music selection.

Also remember:

- Feathers and fringe are not allowed
- Sequins, beads, and embellishments must be securely attached

The event is over, now what?

We recommend athletes keep their dress or competition outfit on until results are posted, in case they are needed for podium or placement photos (typically top 3-4 finishers).

Skates may be removed if desired.

Results are usually posted **5-20 minutes after the event**, though timing varies by competition.

Once results are posted, the event is complete. Athletes may then:

- Prepare for another event
- Change clothes
- Relax with teammates and family
- Celebrate the day

If competing again later, be careful with dresses, tights, and hair while eating or relaxing.

MOST IMPORTANT REMINDER

Celebrate your athlete's effort, growth, and hard work - regardless of placement or results. Competition day is about progress, courage, and learning.



Learn more at www.okafigureskating.com